RUSSWOLE'S
POWERBUILDING
PROGRAM
VOL.6
R
RESTRICTED
PROGRAM REQUIRES YOUR ABSOLUTE BEST EFFORT IN ORDER TO COMPLETE
WORLD RECORD HOLDER
2X WORLD CHAMPION
5X NATIONAL CHAMPION

IT`S TIME!

WELCOME TO THE 6TH INSTALLMENT OF MY POWERBUILDING PROGRAM SERIES. YOU WILL BE CHALLENGED TO IMPROVE YOUR SQUAT, BENCH, AND DEADLIFT WHILE WORKING ON BODYBUILDING MOVEMENTS.



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HEADS UP!

THIS PROGRAM IS 6 WEEKS LONG WITH A 4 DAY SPLIT. YOU CAN DO THIS PROGRAM ON IN A CUT OR MAINTENANCE PHASE, BUT YOU WILL MOST LIKELY SEE THE BEST RESULTS IF YOU GO INTO IT IN A SLIGHT BULK OR CALORIC SURPLUS.

IT IS IMPORTANT TO KNOW YOUR MOST RECENT MAXES ON SQUAT, BENCH, AND DEADLIFT SO YOU CAN BE AS ACCURATE AS POSSIBLE.

TIPS

YOU SHOULD SPEND A WEEK OR A COUPLE OF DAYS OF GETTING YOUR MAXES ON SQUAT, BENCH, AND DEADLIFT. MAXING OUT SHOULD BE DONE IN CONTROLLED ENVIRONMENT. THIS ONE REP MAX SHOULD BE VERY COMFORTABLY DONE WITH NO OBVIOUS BREAKDOWN IN FORM.

THIS PROGRAM IS BASED OFF OF PERCENTAGES OF YOUR 1 REP MAX ON THE BIG 3, BUT YOU CAN CHANGE THE WEIGHT IF YOU CANNOT COMPLETE SOME OF THE REP SCHEMES THAT ARE ASKED OF YOU. SOME DAYS WILL BRING DIFFERENT CHALLENGES SO THERES NOTHING WITH WITH DROP PING THE WEIGHT IF IT CANNOT BE DONE SAFELY AND PROPERLY WITH GOD FORM.

NO EASY DAYS. DON`T JUST SKATE BY THIS PROGRAM. SOME DAYS ARE MENT TO BE SMOOTH BUT THERE WILL ALSO COME TIMES WHERE YOU WILL NEED TO CHALLENGE YOURSELF AND DIG DEEP. ANYTHING OVER 80-85% SHOULD BE SOMEWHAT CHALLENGING.

TIPS CONTINUED...

TRY NOT TO REST TOO LONG IN BETWEEN SETS. ATTACK THE TRAINING SESSIONS. PUSH YOURSELF. GET OFF YOUR PHONE. LIMIT CONVERSATIONS. I WANT YOU TO FEEL LIKE YOU DID SOMETHING WHEN YOU LEAVE THE GYM.

THE BODYBUILDING WORK SHOULD HAVE SHORT INTERVALS. THE GOAL SHOULD BE TO KEEP THAT PUMP GOING. COOLING OFF IS NOT AN OPTION.

YOU CAN CYCLE THROUGH THIS PROGRAM AS MUCH AS YOU WOULD LIKE. YOU JUST NEED TO RETEST YOUR MAXES WHEN YOU ARE FINISHED.

PRIORITIZE GOOD FORM. ATTEMPTING HEAVY WEIGHTS WITH BAD FORM LEACE THE DOOR OPEN TO INJURY.

LIVE TO FIGHT ENOUGH DAY. LISTEN TO YOUR BODY. STOP YOUR TRAINING SESSION IF SOMETHING DOES NOT FEEL RIGHT.

KEY WORDS AND PHRASES

SUPER SET - THE 2 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCESSION. FOR EXAMPLE YOU NEED TO DO YOUR DUMBBELL ROWS IMMEDIATELY AFTER YOUR DUMBBELL BENCH PRES S IS THEY ARE LISTENED NEXT TO EACH OTHER AND HAVE THE SUPER SET TAG NEXT TO IT.

TRI SET - THE 3 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCESSION. IT IS THE SAME AS A SUPER SET, THERES JUST ONE MORE MOVEMENT TO DO.

PYRAMID SETS - YOU NEED TO INCREASE WEIGHT AFTER EVERY SET. IF THE LAST SET HAS A HIGHER REP RANGE LIKE 10 OR 12 THAT MEANS YOU SHOULD GO TO A LIGHTER WEIGHT.

SINGLE ARM - NEEDS TO BE DONE WITH ONE ARM

SUPER SET AND PYRAMID SET - YOU SHOULD BE GOING UP IN WEIGHT AFTER EVERY SUPER SET

KEY WORDS AND PHRASES


EACH LEG - ISOLATE EACH LEG.

HOLD LAST 3 REPS - YOU SHOULD HOLD THE REP AT THE TOP FOR 2-3 SECONDS AND CONTROL IT ON THE WAY DOWN TO THE STARTING POSITION.

SLOW AND CONTROLLED - CONTROL THE ECCENTRIC PORTION OF THE MOVEMENT. FIGHT GRAVITY.

45LB PLATES - GRAB ONE OF THE 45LB PLATES FOR THE MOVEMENT.





POWER BUILDING VOLUME 6

WEEK 1

WEEK 1 / DAY 1

EXERCISE	SET X REP	@%	WEIGHT
SQUAT	2 X 1	80% 1RM, 85% 1RM	
SQUAT	2X8	70% 1RM	
BENCH	1 X 1	85% 1RM	
BENCH	3 X 5	70%1RM	
INCLINE DUMBBELL BENCH *PYRAMID SET*	1 X 12, 1 X 10, 1 X 8		
CABLE EXTENSION *SINGLE ARM*	4 X 8		
DUMBBELL LATERAL	4 X 8		
WEIGHTED PUSHUPS *25-45 LBS PLATE*	2 X FAILURE		

WEEK 1 / DAY 2

EXERCISE	SET X REP	@%	WEIGHT
BENCH	3 X 6	70% 1RM	
CLOSE GRIP BENCH	3 X 8	50% 1RM	
DUMBBELL KICK BACKS	2 X 15-20		
DB OVERHEAD EXTENSIONS *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6		
DB DRAG CURLS *SAME ARM/SAME TIME*	2X 15-20		
EZ BAR CURL *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6		
ROPE CURL *SUPER SET*	3 X 10		
ROPE EXTENSIONS	3 X 10		

WEEK 1 / DAY 3

EXERCISE	SET X REP	@%	WEIGHT
DEADLIFT	2 X 1	80% 1RM, 85% 1RM	
DEADLIFT	2 X 6	70% 1RM	
BENCH	3 X 4	75% 1RM	
BARBELL ROW *SUPER SET* *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6		
REVERSE ROW	3 X 8		
VBAR PULLDOWN *SUPERSET*	4 X 10		
PULLUPS	4 X 6-8		
SEATED CABLE ROW	3 X 10		
CABLE PULLOVER	3 X 12		

WEEK 1 / DAY 4

EXERCISE	SET X REP	@%	WEIGHT
SQUAT	3 X 6	75% 1RM	
GOBLET SQUAT *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6		
DUMBBELL SPLIT SQUAT *EACH	4 X 8		
DUMBBELL RDL	4 X 10		
HAMSTRING CURL	4 X 10		
LEG EXTENSION *SINGLE LEG*	3 X 8		


POWER BUILDING VOLUME 6
WEEK 2

WEEK 2 / DAY 1

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	2 X 1	85% 1RM, 90% 1RM	
SQUAT	3 X 8	70% 1RM	
BENCH	2 X 1	85% 1RM, 90% 1RM	
BENCH	3 X 5	75%1RM	
INCLINE BARBELL BENCH	3 X 8	50%1RM	
FLAT DUMBBELL BENCH	4 X 8		
STRAIGHT BAR EXT	4 X 10		
PLATE RAISES *45 LBS PLATE*	3 X 15		

WEEK 2 / DAY 2

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3 X 6	75% 1RM	
CLOSE GRIP BENCH	3 X 8	55% 1RM	
EZ BAR SKULLCRUSHERS *SUPER SET*	4 X 10		
DB ALTERNATING CURLS	4 X 8		
BENCH DIP	3 X 12		
SPIDER CURLS	3 X 12		
STRAIGHT BAR EXT	4 X 8		
CABLE CURLS	4 X 8		

WEEK 2 / DAY 3

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	2 X 1	85% 1RM, 90% 1RM	
DEADLIFT	3 X 6	75% 1RM	
BENCH	4 X 4	85% 1RM	
DUMBBELL ROW *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6, 1 X 10		
CABLE PULLDOWNS	3 X 10		
MACHINE HIGH ROW	4 X 8		
DB INCLINE SEAL ROW	3 X 10		

WEEK 1 / DAY 4

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3 X 5	75% 1RM	
DUMBBELL LUNGES *EACH LEG*	4 X 10		
DUMBBELL RDL	4 X 10		
DUMBBELL STEP UP *EACH LEG*	4 X 8		
DUMBBELL/KETTLEBELL SWING	3 X 15		
HAMSTRING CURL *HOLD LAST 3 REPS*	3 X 12		


POWER BUILDING VOLUME 6
WEEK 3

WEEK 3 / DAY 1

EXERCISE	SET X REP	@%	WEIGHT
SQUAT	1 X 1	90% 1RM-95% 1RM	
SQUAT	3 X 6	80% 1RM	
BENCH	1 X 1	90% 1RM-95% 1RM	
BENCH	3 X 6	80%1RM	
INCLINE DUMBBELL BENCH *PYRAMID SET*	1 X 12, 1 X 10, 1 X 8		
CABLE EXTENSION *SINGLE ARM*	4 X 8		
DUMBBELL LATERAL RAISE	4 X 8		
WEIGHTED PUSHUPS *25-45 LBS PLATE*	2 X FAILURE		

WEEK 3 / DAY 2

EXERCISE	SET X REP	@%	WEIGHT
BENCH	3 X 4	70% 1RM	
WIDE GRIP BENCH	3 X 6	50% 1RM	
DUMBBELL KICK BACKS	2 X 15-20		
DB OVERHEAD EXTENSIONS *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6		
DB DRAG CURLS *SAME ARM/SAME TIME*	2 X 15-20		
EZ BAR CURL *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6		
ROPE CURL *SUPER SET*	3 X 10		
ROPE EXTENSIONS	3 X 10		

WEEK 3 / DAY 3

EXERCISE	SET X REP	@%	WEIGHT
DEADLIFT	1 X 1	90% 1RM - 95% 1RM	
DEADLIFT	3 X 5	80% 1RM	
BENCH	4 X 4	80% 1RM	
BARBELL ROW *SUPER SET* *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6		
REVERSE ROW	3 X 8		
VBAR PULLDOWN *SUPERSET*	4 X 10		
PULLUPS	4 X 6-8		
SEATED CABLE ROW	3 X 10		
CABLE PULLOVER	3 X 12		

WEEK 3 / DAY 4

EXERCISE	SET X REP	@%	WEIGHT
SQUAT	4 X 3	75% 1RM	
GOBLET SQUAT *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6		
DUMBBELL SPLIT SQUAT *EACH LEG*	4 X 8		
DUMBBELL RDL	4 X 10		
HAMSTRING CURL	4 X 10		
LEG EXTENSION *SINGLE LEG*	3 X 8		


POWER BUILDING VOLUME 6
WEEK 4

WEEK 4 / DAY 1

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	1 X 1	95% 1RM	
SQUAT	3 X 5	85% 1RM	
BENCH	1 X 1	95% 1RM	
BENCH	3 X 5	75%1RM	
INCLINE BARBELL BENCH	3 X 8	55%1RM	
FLAT DUMBBELL BENCH	4 X 8		
STRAIGHT BAR EXT	4 X 10		
PLATE RAISES *45 LBS PLATE*	3 X 15		

WEEK 4 / DAY 2

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	4 X 4	75% 1RM	
CLOSE GRIP BENCH	3 X 6	50% 1RM	
EZ BAR SKULLCRUSHERS *SUPER SET*	4 X 10		
DUMBBELL ALTERNATING CURLS	4 X 8		
BENCH DIP	3 X 12		
SPIDER CURLS	3 X 12		
STRAIGHT BAR EXT	4 X 8		
CABLE CURLS	4 X 8		

WEEK 4/ DAY 3

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1 X 1	95% 1RM	
DEADLIFT	3 X 3	85% 1RM	
BENCH	3 X 3	85% 1RM-90% 1RM	
DUMBBELL ROW	1 X 10, 1 X 8, 1 X 6, 1 X 10		
CABLE PULLDOWNS	3 X 10		
MACHINE HIGH ROW	4 X 8		
DUMBBELL INCLINE SEAL	3 X 10		

WEEK 4 / DAY 4

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	4 X 2	70% 1RM	
DUMBBELL LUNGES *EACH LEG*	4 X 10		
DUMBBELL RDL	4 X 10		
DUMBBELL STEP UP *EACH LEG*	4 X 8		
DUMBBELL / KETTLEBELL	3 X 15		
HAMSTRING CURL *HOLD LAST 3 REPS*	3 X 12		


POWER BUILDING VOLUME 6
WEEK 5

WEEK 5 / DAY 1

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	1 X 1	75% 1RM	
SQUAT	3 X 4	65% 1RM	
BENCH	1 X 1	85% 1RM	
BENCH	3 X 4	70%1RM	
MACHINE FLY *WARM UP*	3X15		
MACHINE PRESS	3 X 8		
DB SHOULDER PRESS *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6, 1 X 10		
ROPE EXTENSIONS	4 X 12		

WEEK 5 / DAY 2

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3 X 3	70% 1RM	
STRAIGHT BAR CURLS *TRI SET* 4 SETS	1 X 5, 1 X 5 TOP, 1 X 5 BOTTOM		
DIAMOND PUSHUPS *45LB PLATES*	4 X 12-15		
DB HAMMER CURLS *PYRAMID SETS*	1 X 12, 1 X 10, 1 X 8		
ROPE EXTENSIONS	3 X 10		
REVERSE GRIP STRT BAR CURL	4 X 10		
CABLE EXTENSIONS *SLOW & CONTROLLED*	3 X 12		
DB CONCENTRATION CURL *PYRAMID SET*	1 X 10, 1 X 8, 1 X 6, 1 X 6		

WEEK 5 / DAY 3

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1 X 1	75% 1RM	
DEADLIFT	4 X 2	70% 1RM	
BENCH	3 X 7	65% 1RM	
WIDE GRIP ROW	3 X 10		
CABLE PULLDOWN *SINGLE ARM*	3 X 10		
MACHINE ROW	3 X 10		
WIDE GRIP PULLUPS	3 X 10		
LANDMINE ROWS	3 X 10		
REVERSE ROW	3 X 8		

WEEK 5 / DAY 4

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3 X 2	70% 1RM	
HACK SQUAT	3 X 8		
ROMANIAN DEADLIFT *SLOW & CONTROLLED*	3 X 12		
LEG EXTENSIONS	4 X 8		
GLUTE BRIDGES	3 X 8		
HAMSTRING CURL	3 X 12		

POWER BUILDING VOLUME 6

WEEK 6



WEEK 6 / DAY 1

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3 X 1	80% 1RM, 90% 1RM, MAX	
BENCH	3 X 1	80%1RM, 90% 1RM, MAX	
INCLINE BENCH *PYRAMID SETS* *SUPER SET*	1X10, 1X8, 1X6		
REVERSE ROW	3 X 8		
FLAT DUMBBELL BENCH *SUPER SET*	3 X 10		
DUMBBELL ROW	3 X 8		
CABLE FLY	3 X 10		
ROPE PULLOVER	3 X 12		

WEEK 6 / DAY 2


EXERCISE	SET X REP	@ %	WEIGHT
NO BENCH	N/A		
DB SHOULDER PRESS	3 X 8		
REAR DEAL FLY	3 X 12		
STRAIGHT BAR EXTENSIONS *SLOW CONTROLLED*	4 X 8		
BENCH DIPS	3 X 12		
DB LATERAL RAISE *SLOW CONTROLLED*	4 X 8		
FACE PULLS	3 X 8		
CABLE EXTENSIONS *SINGLE ARM*	3 X 8		

WEEK 3 / DAY 3

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	3 X 1	80% 1RM, 90% 1RM, MAX	
NO BENCH	N/A		
DB FLAT BENCH *PYRAMID SETS*	1 X 12, 1 X 8, 1 X 4, 1 X 2		
DB FLOOR PRESS	4 X 8		
CABLE CHEST FLY	4 X 12		
DB SKULLCRUSHERS	3 X 12		
ROPE PUSHDOWNS	2 X FAILURE		

WEEK 6 / DAY 4

EXERCISE	SET X REP	@ %	WEIGHT
NO SQUAT	N/A		
LEG PRESS *PYRAMID SETS*	1 X 10, 1 X 8, 1 X 6		
HAMSTRING CURLS	2 X FAILURE		
DB SPLIT SQUAT	4 X 8		
GLUTE HAM DEV	3 X 12		
CALF RAISES	4 X 15		


GET BETTER TODAY
THANK YOU!
I WOULD LIKE TO PERSONALLY THANK YOU FOR PURCHASING VOLUME 6 OF MY POWERBUILDING PROGRAM. THE SUPPORT OF THESE PROGRAMS HAVE BEEN AMAZING THROUGHOUT THE YEARS. I AM GRATEFUL NOT ONLY FOR THE SUPPORT BUT FOR YOU JOINING WITH ME IN BECOMING BETTER!